

GRAPEVINE

VISITACION VALLEY

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SERVING OUR COMMUNITY

MARCH 1997

Meetings Present Details of Proposed Valley Housing

By Gerry L. Galvan

Two Visitation Valley neighborhood workshops designed to acquaint locals on the philosophy and mechanics of housing redevelopment programs in the area turned into a complaint and rebuttal sessions which paved the way for more confrontations, meaningless rhetoric and arguments.

A community outreach and design workshop on Feb. 22 by the John King senior housing group attracted interest of the same group of homeowners who tried to imprint their own power by photocopying King flyers and attaching their own invitation for neighbors to attend and participate in the meeting.

But efforts of the homeowners seemed to have been just an exercise in futility as the proposed 91-unit housing to be constructed on the north side of the 500 block of Raymond Ave. is, at this point, a fait accompli. Just about every detail in the project has been put into place. With \$9.6 million from HUD available, the property for the slated construction has been titled to the John King Senior Center (JKSC). Architects have been hired and are currently in the process of drafting blueprints. Groundbreaking for the project is scheduled for mid-1998.

Valley homeowners, mostly directly adjacent to the site of the proposed housing, jam-packed the Visitation Valley Elementary School auditorium Feb. 13 to participate in a gathering organized by Mercy Charities Housing. Their presence was again very pronounced during the Feb. 22 meeting at Our Lady of the Visitation Church on Sunnydale Avenue.

The Grapevine recently received a letter from James Cowan, a resident of Sawyer Street who expressed indignation in his group and he claimed was non-receipt of "notification of the proposed construction from any member connected with this project." Cowan disclosed he had circulated an unsigned flyer in the neighborhood during February condemning the proposed Raymond Avenue housing. A separate communication of equal length was also sent by the same group to Mayor Willie Brown asking he take a good look at copies of stories on the proposed housing published in the Grapevine's January 1997 Issue (See Grapevine Mailbox on page 2), and another newspaper. A follow-up article also appeared in last month's Grapevine.

John Phillips, a HUD official whose active hand has been felt not only in the King project but also in scheduled replacement housing for Geneva Towers, was one of those who took the cudgels for the proposed senior housing. He told the crowd that every stone had been turned in the project to prevent any violation of any legal



A large crowd gathered at the VVES auditorium for the Feb. 13 meeting.



John Phillips explained the many details of the proposed construction.



Dara Kovel of Mercy Charities Housing further discussed points of the new housing with Valley residents after the meeting.

or human rights.

Dara Kovel of Mercy Charities Housing also assured the Feb. 13 audience that everyone will be given a fair shot in the housing. "We have,

time and time again, made known to the neighborhood what was coming," she said. "We explore all avenues of communication and the people were alerted on the project."

Visitation Valley Neighbors Make Their Streets Safer

Streets in the neighborhood have been a little safer the last several months with members of Visitation Valley Neighborhood Watch making their regular patrols. Frustrated with repeated meetings in the last two years which discussed local crime but ultimately amounted to just words, the

private citizens assembled their own group to improve the neighborhood.

"We decided to get organized, take the bull by the horns and come up with our own program," explained Valley resident and Watch member Kathy Munch who described the group's operation at the Feb. 22 meeting of the

Visitation Valley Task Force (VVF).

An offshoot of the El Dorado Neighborhood Betterment Council, the dedicated neighbors patrol designated Valley streets in two hour shifts, keeping in constant contact with the S.F. Police. No markings identify either Watch members or their vehicles, and all unusual activity is reported immediately to the authorities without intervention.

ENTERPRISE COMMUNITY

Representatives from the Mayor's Office of Community Development updated VVF members on the next phase of funding available for Visitation Valley's Enterprise Community. Approximately \$313,000 is slated in Round Two for vital neighborhood programs originally selected by a VVF committee in a lengthy benchmark process two years ago.

S.F. Enterprise Community (EC) also announced it has developed a *Conflict of Interest Policy*, mandating a policy of full disclosure of connections with organizations that plan to apply for EC funds. EC Board members will no longer be able to participate in proceedings in which either they or a family member has financial association.

MARCH MEETING

Next VVF meeting is Saturday, Mar. 22, 10:30 a.m. at the Community Center, 50 Raymond Ave.

City Recycling Set New Record in 1996

The volume of recyclable materials collected through San Francisco's curbside and apartment recycling programs rose 18 percent last year — making 1996 a record year for recycling. Residents recycled more than 111 million pounds of paper, glass, aluminum, steel and plastics — up almost 17 million pounds from 1995. The average household recycled more than 340 pounds of recyclables.

City-wide participation was bolstered by special recycling campaigns in 15 neighborhoods. In a spring campaign in four neighborhoods, recycling increased an average of 12 percent. A second campaign in the fall in 11 neighborhoods resulted in an increase of more than 25 percent.

To reward the neighborhoods for their increased participation, the San Francisco Recycling Program is awarding \$11,500 to neighborhood beautifi-

cation projects, parks and recreation centers. In addition, the building managers of 11 apartment buildings received \$500 each for winning a competition for the best recycling improvement in apartment buildings.

Although the volume of recyclables was up significantly in 1996, revenue from the sale of recyclables was lower due to fluctuating markets. Total revenue for recyclables was \$3 million.

Residents can recycle 12 materials in San Francisco's curbside and apartment recycling programs: newspaper, junk mail, flattened cardboard, dry food boxes, magazines and catalogs, paper bags, telephone books, office paper, aluminum cans and foil, tin/steel cans, glass jars and bottles and #1 and #2 plastic bottles. The curbside and apartment recycling programs are operated by Norcal Waste Systems, Inc.

Coalition Created to Train Seniors About Safe Use of Medication

A new effort to reduce the number of hospitalizations and deaths resulting from the misuse of medications and to arouse public awareness about proper usage of medicines is being spearheaded by the newly created SMART Coalition, a nonprofit organization coordinating the Senior Medication Awareness Training Program.

The SMART Coalition was created in response to a study by Jeffrey A. Johnson, MSc and J. Lyle Bootman, Ph.D., entitled *Drug-Related Morbidity and Mortality*. One of the key findings of the study is that medication misuse is estimated to cost the United States \$76 billion annually.

According to the study, drug-related hospitalizations constitute 62 percent of the total amount and cost \$47.4 billion annually. Other costs include \$14.4 billion for long-term care facility admissions; \$7.5 billion for physician visits; \$5.3 billion for emergency department visits; and \$1.93 billion for additional prescriptions.

"As a result of this study, leaders in the senior and healthcare community and pharmaceutical industry formed a network to educate seniors on accepting the responsibility and control of their medications," said John Gallapaga, co-chair of the SMART Coalition. "We are focusing on the senior population because they take more medicines. Thus, they are at higher risk of improper medication use."

The SMART Coalition is dedicated to coordinating the SMART Program, a multi-disciplinary initiative to educate seniors on the importance of medication compliance (taking medications on schedule and as directed by their physicians and pharmacists). The initiative will include training a corps of senior volunteers to educate seniors in their community about issues related to medications. Volunteers will also provide helpful hints seniors can use to improve their healthcare. These interventions will occur at senior centers and other forums throughout the state.

Additional goals of this major initiative are to prevent physician and emergency room visits, hospitalizations, and nursing home admissions due to older adults' and their caregivers' inability to effectively manage multiple medication regimens.

The SMART Coalition is contracting with the University of the Pacific (UOP) School of Pharmacy to develop and test methods to reduce medication noncompliance. UOP will conduct a two-year research project aimed at developing methods to reduce medication-related doctor visits, hospitalizations and ultimately, deaths. The study will involve groups of seniors in a managed care setting where their healthcare related activities will be monitored by their physicians, pharmacists and a special team from the UOP School of Pharmacy and the St. Joseph's Medical Center of Stockton.

"Data will be collected to identify patients' knowledge of appropriate medication usage, patient compliance, quality of life and the cost of medication misadventures to the healthcare provider," said Linda Norton, assistant professor at the UOP School of Pharmacy. "This will help us better understand which interventions are the most successful in reducing medication-related problems and improving patient outcomes."

The UOP School of Pharmacy's research team is creating a medication SMART card which participating seniors will use to keep track of their medications with the assistance of their pharmacists and physicians.

"This research project will be an excellent opportunity to measure the effectiveness of training seniors about medication compliance by being more assertive," said Norton. "Each time they visit their doctor or pharmacist, we want them to ask about their medications and also use their medication SMART card."

If successful, this project will be expanded nationwide to ensure that individuals use their medications properly.

Getting Food Information in the Future

As you enter the office, your computer greets you with your schedule for the day. At a conference, the speaker touches a flat-panel display projected on the conference room wall to show the latest research data, then taps again to show data projections for the next 10 years. A colleague in California introduces you to his staff, shows you around a new facility and shares their latest publication — while you're speeding on the Metroliner to Boston.

Futuristic? Well, somewhat. Telecommunications experts predict that in the next 10 years such actions will be common ways of doing business and sharing information. As integrated circuits become increasingly powerful, new opportunities will emerge for getting at and getting out information — whether text, voice, video or data. It will be easier and cheaper to reach niche markets with more customized products and services.

But these same innovations will challenge health and nutrition communicators to distinguish their product or message in the clutter, guard against misinformation, even improve consumers' knowledge about emerging technologies.

A BYTE OFF THE INTERNET

Today, the personal computer offers the best glimpse of what the future may hold. Anyone with a computer and the right software can access unlimited information on health, nutrition, food safety, food products and related services. Many consumers take their first step into the virtual world through commercial online services such as America Online, CompuServe and Microsoft Network. These services offer their own information sites on health and food-related topics.

In addition to these proprietary offerings, consumers can retrieve food and nutrition information off the Internet, a computer network of 60,000 other computer networks that spans the globe. Of particular interest is the World Wide Web (WWW or the Web for short). Information on the Web is organized by "sites," each of which has a unique "address" and is almost always linked to another site on the Web.

The U.S. Food and Drug Administration (FDA) is one of the principal government organizations disseminating nutrition and health information via the Internet, and is committed to improving its Web site as it learns what the public wants.

"We're actually doing away with print distribution of many materials and relying on the Internet instead," said William M. Rados, director of communications staff, Office of Public Affairs at FDA. Citing savings in time,

postage and printing costs, Rados considers the Internet efficient and cost-effective both for the government and for its customers.

The site, which went online in March 1995, carries all the agency's public information documents, including press releases, talk papers and weekly enforcement reports. In addition the Electronic Freedom of Information Act Amendments of 1996 require all federal agencies to post on the Web any document that would normally be posted in the public reading room and any Freedom of Information request that might be requested by more than one person.

One of the most popular areas on the site — attracting more than 35,000 unique visitors each week — is run by the Center for Food Safety and Applied Nutrition. The site contains information on food labeling and compliance issues, food safety, health fraud and similar topics.

In response to comments from users, the agency is reorganizing its Web index page by subject and by type of user (health professionals, consumers, regulated industry, and media) to make information easier to find. It is also adding more compliance and regulatory information. For example, The Small Business Guide to FDA was added to the site recently, and agency officials expect numerous other documents — the Food Labeling Guide, Requirements of Laws Enforced by FDA, Inspections Operations Manual and the Compliance Policy Guide — to be included in the near future.

One of the newest offerings of the commercial services is the International

See Page 4

Hope for Healthier Kids Immunization Day in 52 Cities

In some urban areas, as few as 35 percent of American children get properly immunized. That means 65 percent of urban children may be vulnerable to easily prevented diseases.

On Saturday, Apr. 19, 30,000 volunteers in 52 cities will reach out to one million children for free shots in clinics near their homes.

In San Francisco at Mission Dolores Park starting at 10 a.m., more than 1,500 volunteers will be working with local health departments and medical providers to identify specific children in the Mission District who need vaccinations. There will be a live band, information booths and incentives for the children and their families who participate.

Grapevine Mailbox



The Stink Grows Stronger

Dear Editor:

The proposed massive expansion of the Norcal/Sanitary Fill Company garbage complex at Tunnel/Beatty Avenues seems more like City policy than Norcal's. Who are the policymakers that want to increase the amount of garbage/trash, hazardous waste and recyclable materials that are brought in and out of the Tunnel/Beatty complex?

The Charter Reform Committee of the Board of Supervisors was supposed to remove archaic laws/regulations and address municipal monopolies, nepotism and second/third tier contracts (which were political pay-offs and slush funds).

The 10 hours of Appeal Hearings of Jan. 29, 1997 and Feb. 14, 1997 by the Refuse Collection and Disposal Rate Board revealed some very important information:

- 1) The City allocated \$3.8 million, in the past four years, of residential and apartment rate payers' funds to Sanitary Fill Company for planning, design, environmental impact report, planning department processing, and permits for "Recycle Central" (formerly the Systems Plan), a \$68 million project to be privately owned and on privately held property.
- 2) Norcal expects the residential and apartment rate payers to pay for the \$68 million complex total make-over. Has anyone in City Hall heard of capital investment and who should pay for it?
- 3) The Norcal employees stock ownership plan (ESOP) will receive 50 percent of the funding it has gotten since 1990 (about 3.5 million yearly) for rate year 1997 and then zero for ESOP for the 1998 rate year and beyond.
- 4) The Issue of the Curbside Recycling Program that is to be open for competitive bidding in 1998 was avoided and no one wanted to go on record to discuss it. *Recyclers* pay attention to this item.
- 5) The Refuse Rate Board on legal advice from the City Attorney's Office will continue to provide funding for pilot and expanded programs without environmental review. The planned programs for 1997 are:
 - *Pilot programs - mixed paper additional bin; residential organic materials; window glass recycling; apartment study for recycle needs.
 - *Expanded programs - neighborhood clean-up; commercial produce collection; commercial recycling; small business recycling; increase the number of days for commercial recycling; add a second shift at night to the automated construction and demolition debris sort line; add a canopy and lights for the night shift.
 - *Other programs - add four supervisory and project management personnel; add one employee to the hazardous waste facility staff, add two employees to the public disposal area staff; buy more construction debris boxes.

The City Planning Department said all this would not impact the environment. Does the environment include the Little Hollywood community and the residents of this small community? Does our financial status, ethnic background, nationality, ability to speak and read English, or ethnic makeup have anything to do with this type of decision?

The Planning Department through the City Attorney's Office has given the Refuse Rate Board a "Certificate of Determination of Exemption/Exclusion from Environmental Review" (amended Feb. 12, 1997). Exempt status: Statutory Exemption (State Guidelines, Section 15273) and General Rule Exclusion [State Guidelines, Section 15061(b) (3)].

Even the state of California does not presume the right to negate the California Environmental Quality Act (CEQA):

*Public Resource Code 21000 (g): It is the intent of the Legislature that all agencies of the state government which regulate activities of private individuals, corporations, and public agencies which are found to affect the qual-

ity of the environment, shall regulate such activities so that the major consideration is given to preventing environmental damage, while providing a decent home and satisfying living environment for every Californian (Amend: Chapter 947, Statutes of 1979).

*Public Resource Code 21001 (d): Ensure that the long-term protection of the environment, consistent with the provision of a decent home and suitable living environment for every Californian, shall be the guiding criterion in public decisions.

*Public Resource Code 21001.1: The Legislature further finds and declares that it is the policy of the state that projects to be carried out by public agencies be subject to the same level of review and consideration under this division as that of private projects required to be approved by public agencies (Added: Chapter 1514, Statutes of 1984).

City agencies have allowed the operations at the Tunnel/Beatty complex to increase and expand by allowing pilot programs to expand to full city-wide programs without any consideration of the cumulative effects that have burdened the Little Hollywood community and Visitation Valley.

It is absolutely amazing the way the City Attorney's office protects the garbage companies from any challenge to Norcal's monopoly-like status and does not stop the Norcal/Sanitary Fill Company complex from generating adverse environmental impacts that saturate the adjacent residential neighborhood.

The Valley has hundreds of acres of open and underdeveloped land in the Brisbane Baylands. What has this land been unused for decades? Would a developer want to build a commercial shopping center and light commercial warehouse complex next door to a garbage complex? The University of California San Francisco is considering building a major new site and one proposed area is the Brisbane Bayland/Executive Park (Long Range Development Plan). Tuntex Properties has expressed a great interest in their property being used for the new site.

In 1995, Executive Park and Sanitary Fill Company/Golden Gate Disposal/Sunset Scavenger (Norcal) reached a recordable contract so that Executive Park could get a conditional use permit to build a major expansion of Executive Park with housing and high rise buildings. A part of the contractual agreement was that Executive Park or future tenants could not be a party to any nuisance class action against the garbage company or class action attempt to relocate the garbage operations.

*Draft Environmental Impact Report, Executive Park Development Plan Amendment (81.197E). File No. 81.197RSEMZC, Motion No. 10461, Planning Commission 72888. Executive Park would have to pay all legal expenses and relocation expenses.

The community of Little Hollywood is saying, "Not in our backyard or the backyard of any residential neighborhood." The health and safety of the employees of the Tunnel/Beatty complex is another important issue. Any Thursday or Friday between 9 a.m. and 2 p.m. the complex is heavily congested with traffic and staff, an accident waiting to happen. If major construction were to begin at the complex, where would the operations be done, since all the available land and buildings are being used?

The adverse environmental impacts from the complex have already pushed the residents on the community to the breaking point. The mental stress that the complex has created in the residents is some cases is extreme. This is a pleasant and attractive neighborhood and should not be destroyed for corporate profits. The way that residential and apartment ratepayers' funds are diverted to the garbage companies, a decent complex should have been at least a requirement.

The staff and employees are extremely hard working and deserve better working conditions. Healthy and safe environments should be provided to these employees because they have a tough job and the long term health effects for this type of work are not fully understood. Build them new facilities in a large heavy industrial district so that they can do their job without affecting a residential neighborhood. After the new facilities are built, then relocate and start the 21st Century right.

The Mayor, Norcal, Solid Waste Management, Port Commissioners, City Real Estate Department and the Planning Department should get together and resolve this issue. The environmental discrimination that is taking place can no longer be tolerated. Stop this shameful treatment of this small community because it has been going on for too long and too many eyes are now watching.

Thank you for your time,
Ralph Oroquita

Why More Low Income Housing?

Following is a letter sent Jan. 23 with copies of two articles, one appearing in the January 1997 Grapevine, from a group called Concerned Residents of Visitation Valley to Mayor Willie Brown concerning the proposed construction of 91 units of senior housing on the 500 block of Raymond Avenue. Signatures from 68 neighboring residents accompanied the letter.

Mr. Mayor:

We direct your attention to an article published in the Dec. 3, 1996 issue of *The Independent* newspaper, page 2, captioned: Visitation Valley, and the front page article appearing in the January 1997 issue of the *Grapevine*, a local community newspaper.

The articles state that more low income housing units have been targeted for construction in Visitation Valley. We are already the hosts of two existing low income housing units: Geneva Towers and Sunnydale Housing Projects. Now we are being told that we must put up with the further degradation of the neighborhood, suffer an enormous drain on the quality of life and face another drop in property values. Why should we accept another unsightly landmark in our backyard? In this case, our front yard. What's next? Our living room?

Many of us have been residents of the Valley since the late 1960s and have witnessed numerous resources discontinued due to the high crime rate that is solely attributed to the influx of low income units and the undesirable that are attracted to them. We have no chain store supermarkets (Safeway, Lucky or Cala), drugstores (Walgreens, Payless or Thrifty), hardware stores or any other major businesses in this area. Businesses such as Cala, Safeway, Mayfair and El Rancho supermarkets deserted this neighborhood long ago and will continue to stay away if further saturation of low income housing occurs.

We are forced to drive to neighborhood areas to shop for the simple bare necessities or forced to frequent the mom and pop corner stores (with elevated prices). All shopping and out-of-doors activities has to be completed before dark because it is too dangerous and risky to venture out-of-doors after dark. This is again attributed to the low income housing units in the area. Was any thought given toward enhancement of the area to attract businesses that will employ residents, including the low income populace?

Is it not possible to find other neighborhoods to share the burden of mainstreaming low income residents? How about Presidio Heights? Pacific Heights? The Marine district? We were under the impression that HUD was to equally distribute low income residents throughout all neighborhoods. Is there an equal representation in all neighborhoods in San Francisco? If not, why not? We do not intend to sit still and let City Hall dictate the structure of our neighborhood without protest.

What we find most outrageous and appalling is the proposed construction of the additional units on three acres of land at 500 Raymond Ave. This plot of land currently houses a day care and pre-school facility that caters to the needs of our neighborhood children. What makes you think we will stand idle while one of the remaining productive resources that serves our community is demolished for construction to accommodate more of the derelicts that caused the existing deterioration in our community? Not without a fight!

How many people working on this proposal work and/or live in Visitation Valley? Who submitted this outrageous plan? Who approved it? Why don't these units be constructed in their community? Why were we selected to house more low income housing units when we currently have two of the most notorious facilities in the City? Why were we not notified of City Hall's intentions to drop this blight on our neighborhood? We did not receive any information about these proposed additions to our neighborhood and would not have known about it except for the articles in the *Independent* and the *Grapevine* newspapers. We homeowners take pride in our neighborhood and do not take it lightly when we are excluded from any decision making that affects our well-being. The signatures appearing on the enclosed lists represents only a sampling of residents contacted that oppose the construction of low income housing at 500 Raymond Ave.

We want you as Mayor of San Francisco to be aware that we will be watching your judgement and that of the San Francisco Board of Supervisors on this matter and we will remember your actions and decisions the next time we go to the ballot box.

An Opinion: Visitation Valley Small in Size, But Large in Character

By Gerry L. Galvan

San Francisco's Visitation Valley can't be pinpointed on any world map. Even the most up-to-date sketch will not provide you and me some sort of clue that the Valley exists. Most San Francisco politicians, including Willie Lewis Brown, Jr., have little or no vocabulary room for the term: *Visitation Valley*. During non-election campaign time, the political power brokers dare not touch the neighborhood with the proverbial 10-foot pole. This writer cannot forget that scene showing newly-sworn-in San Francisco Mayor Brown hurriedly getting away from the small Villaga auditorium at 333 Schwerin St. where he had been invited by neighborhood leaders to speak and clarify City Hall's attitude towards Visitation Valley. (At this hour, Brown hasn't pelted the area a second visit, official or otherwise).

Small and insignificant as the Visitation Valley has been, it - nonetheless - is peopled with numerous visionaries who are leaders in their own right. These leaders are mountaintop movers. These leaders are innovators. They never retreat from a challenge, as the expression "It can't be done" has never been and will never be in their vocabulary.

No particular individual or group of individuals and organizations will be cited in this piece; my limited newspaper space dictates an off-limits on specific identification. One thing, however, shouldn't be ignored at this hour. It's the presence in the Valley of people who would take the opportunity to question the motives behind, or process in such various activities/projects as the Geneva Towers redevelopment programs, the John King Senior Center Housing Project, and the Geneva Valley Development Corporation's extensive neighborhood involvement. Unfortunately, the opposition to the visionaries/innovators' projects surfaced during a time when just about everything connected with a certain undertaking has been sealed and a *fait accompli*.

Citizens' dissent has been a healthy ingredient in such republican form of rule as ours. Such dissent, to be effective, however, must be expressed at the proper time, place and norm of conduct. To do otherwise could just lead to chaos, delay in project completion and even more expense.

The residents are senior citizens. The issue of *Environmental Equity* is now an even more important factor in the location of the Refuse complex.

Members of the Little Hollywood Committee and the residents, after hundreds of hours of meetings and discussions, and reading thousands of pages of various documents, have reached a consensus that the Refuse complex has returned the capital investment to the Refuse companies many, many times over in the past 25 years; the operations of the Refuse complex have outgrown the land available within the complex that can be used for processing, and it is time for the entire Refuse complex operations to be relocated.

The request by Sanitary Fill Company for \$68 million to remodel, construct new facilities, and basically design a new complex indicates that the existing facilities are no longer serviceable, are not functional and could be detrimental to the health and safety of the employees, the public using the facilities and the residents of the adjacent communities.

Included in this report are excerpts from 83 pages of public records, such as written comments and transcripts of the representatives and attorneys for the garbage companies concerning the building of houses and hotels at Executive Park and the 1984 environmental impact report of that project. The documents are: Board of Supervisors, File No. 36-85-20; City Planning Commission File No. 81.197RSEMZC, Motion No. 10461, San Francisco Executive Park, Adopted Oct. 17, 1985; Letter dated Mar. 5, 1985 from Brobeck, Phleger and Harrison, attorneys for Sanitary Fill Company written to Mr. Lu Blazef, Department of City Planning; Letter dated Feb. 19, 1985 from Brobeck, Phleger and Harrison, attorneys for Sanitary Fill Company written to Mr. Alec S. Bash, Environmental Review Officer, Department of City Planning; Letter dated Jan. 30, 1985 from Sanitary Fill Company written to the Planning Commission, City and County of San Francisco; and Part II Comments and Responses on the 1984 DEIR for San Francisco Executive Park, published Dec. 28, 1984.

*Board of Supervisors File No. 36-85-20, pg. 5, item no. 25:

"25. The Solid Waste Management and Resource Recovery Act, California Government Code Section 66978.41(c) specifically provides: 'A City or County shall not authorize land use adjacent to or near a site for any solid waste facility designated in the applicable City or County general plan if the land uses would restrict or preclude the establishment of a solid waste facility, or expansion of the facility or site.' The Facility has been identified in the San Francisco County Solid Waste Management Plan (SWMP) as the County's solid waste facility. Thus, the Planning Commission found that the protection of health, safety and welfare of the residents of the City requires assurance of the compatibility of the new land uses proposed by the Executive Park Planned Unit Development ("PUD") with the Facility, in order to prevent any restriction or preclusion of the present and future operations of the Facility. The Board concurs in said findings of the Commission."

Brobeck, Phleger and Harrison to Lu Blazef, Mar. 15, 1985, pg. 2, item no. 2:

"2. The Project, as well as induce growth in the area, would create a

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Stopping the Deluge of Junk Mail

By David Assmann

Most of us look forward to the day's delivery of mail. After all, next to the telephone, the mail is probably our most common link to family and friends. But so often, when the day's stack of mail does arrive, it's filled with subscription offers, ads that sell everything from art to zoo memberships, sweepstakes, pleas for money and other "junk" mail. Letters from family and friends are often buried in this blizzard of bulk mail. In fact, we're eight times as likely to receive a piece of junk mail as we are to receive a personal letter.

This mountain of mail is continuing to grow at a phenomenal rate. Americans now receive about 80 billion pieces of junk mail - up from 28 billion pieces in 1979. Virtually every single household in the country - 99.2 percent - now receive junk mail. Statistically, your household is now more likely to receive junk mail than to have a working toilet.

Even worse, a significant portion of this mail doesn't even reach its intended recipients. Every year, we cut down more than 15 million trees to produce 1.8 billion pounds of undeliverable junk mail.

According to the U.S. Postal Service, about half of us enjoy receiving bulk mail, and one percent in 20 would actually like to receive more. But that leaves more than 40 percent who would like to receive less mail.

Unfortunately, a very small percentage of junk mail is printed on recycled paper and only about 15 percent of junk mail is recycled nationwide. Junk mail uses up more of our dwindling landfill space than disposable diapers and polystyrene foam products combined.

So what can you do to reduce the burden junk mail places on our landfills? Well, first of all, you can ask to receive less direct mail. Since 1971, the Direct Marketing Association (DMA), the trade association for direct marketers, has operated a "Mail Preference Service" containing the names of individuals who do not wish to receive direct mail. Mailers who are members of the DMA do not send mail to anyone on the list.

In order to get on the list, send your full name and address to the Mail Preference Service, c/o Direct Market-

ing Association, P.O. Box 9008, Farmingdale, NY 11735-9008. Your name will stay on this list for five calendar years. At the end of that time, your name will automatically go off the list (on Jan. 1) unless you write them again and ask them to include your name for an additional five years. The list now contains the names of 3.5 million people.

Being on this list won't automatically end all your direct mail tomorrow. It takes several months for your name to work its way through the system, and not every mailer uses the Mail Preference Service. Being on the list will, however, significantly reduce the volume of direct mail you receive.

Unfortunately, your name can creep back onto mailing lists in a variety of ways. Direct marketers get their mailing lists from credit bureaus, state motor vehicle departments, telephone books and warranty cards. You can write to credit bureaus asking to be taken off their direct market file. The biggest three to write are: 1) Equifax Options, Equifax Marketing Decision Systems, Inc., P.O. Box 740123, Atlanta, GA 30374-0123; 2) Trans Union, Transmark, Inc., 555 W. Adams St., Chicago, IL 60661 and 3) TRW-NCAC, Target Marketing Services Division, 12606 Greenville Ave., Dallas, TX 75243 Attn: Mail Preference Service. You should also consider not filling out warranty cards - they're used solely to gather names for a mailing list.

Secondly, recycle your junk mail. Although junk mail is accepted for recycling in both the curbside and apartment bin recycling programs, San Francisco residents recycle less than half of it.

And after you reduce the amount of junk mail you receive (and recycle the rest), there's also a way to get rid of those annoying junk phone calls from companies who always call just as you're sitting down to dinner. Just write to the Telephone Preference Service, c/o Direct Marketing Association, P.O. Box 9014, Farmingdale, NY 11735-9014.

Finally, here's a waste tip for the month. If you are a senior citizen or disabled, the City offers free pick-up service for leftover hazardous waste, such as paint, pesticides, batteries, etc. Call (800) 897-3088 to set up an appointment.

Food Labels on Oat Foods Can Claim "Heart Healthy."

The Food and Drug Administration (FDA) approved a final rule allowing the labels of food products containing whole-oat soluble fiber to claim that the food may reduce the risk of heart disease when part of a diet low in saturated fat and cholesterol.

Under the Nutrition Labeling and Education Act of 1990, the FDA can authorize such a claim if there is significant scientific evidence that it is true. FDA found that the beta-glucan soluble fiber of whole oats helps reduce total and LDL blood cholesterol.

The new health claim will appear on products that include oat bran and rolled oats, such as oatmeal, whole grain oat products such as ready-to-eat cereals, and whole oat flour. To qualify, products must contain 0.75 grams or more of oat soluble fiber per serving.

Labels containing the new oat health claim may be worded as: "Soluble fiber from foods such as oat bran, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease" or "Diets low in saturated fat and cholesterol that include soluble fiber from oatmeal may reduce the risk of heart disease."

Free Legal Help

Do you have a problem that may require an attorney? Visit a free *Legal Advice and Referral Clinic*, Saturday, Mar. 8, 10 to 11:30 a.m. at the San Francisco Main Library, located on Grove Street between Larkin and Hyde Streets, in the Latino/Hispanic Meeting Room on the lower level.

You will receive a private consultation with an attorney who will determine if you have a legal problem. If you need further assistance, you will also receive a referral from the attorney to an appropriate agency. Most areas of law, including family, landlord/tenant, business, consumer, wills, personal injury and employment will be covered at the clinic.

The *Legal Advice and Referral Clinic* is held the second Saturday of each month as a free service of the Volunteer Legal Services Program of the Bar Association of San Francisco. Call 764-1616 for more information.

Rites of Passage



Celebrants danced in jubilation during last year's conference of African American Women on Tour.

African American Women on Tour (AAWOT), the nation's foremost black women's empowerment conference, will bring its popular *Rites of Passage* programs to the Marriott City Centre in Oakland on April 4-6.

One of the conferences mainstays is its popular *Girls Rites of Passage* program for teens 12 to 18. Created to enhance self-esteem, vision and determination, the program helps girls explore the positive steps which mark their transformation from childhood into adulthood.

"All of our children are precious and have the potential to be great contributors to this world," said Emily Gunter, facilitator of the *Rites of Passage* program. "What many of them need, however, is direction, knowledge of their history and encouragement to reach their highest goals."

During the *Rites of Passage* program, Elders Gunter and Shquestra Sitawi teach the principles of love, peace, discipline, wisdom and respect along with assistance from a council of elders, parents, role models, mentors and peer counselors.

"Our children are going to experience a rite of passage," said Sitawi. "The question is, whether it will be a positive experience, such as what we do with AAWOT, or something potentially dangerous like drugs, sex or gangs. It is up to us, as adults, to help make that transition more posi-

tive for our young sisters."

In addition to the *Rites of Passage* program for girls, AAWOT will introduce a new passage program for young women 19 to 25, facilitated by Djenaba Faal. Participants will explore the mind (Intellect, knowledge and wisdom); body (fitness, strength, childbearing); spirit (personal relationships with creation); and soul (the expression of self through the physical body). The goal is to train young women to live a healthy, balanced life during the years of self-definition, discovery and productivity.

On the final day of the conference, a *Rites of Passage* ceremony is held to present and honor the rites initiates, who make a public commitment to uphold the principles they have studied throughout the weekend.

AAWOT offers a limited number of scholarships for economically disadvantaged teens and young women to attend the conference events.

The "Coming of Awareness" *Rites of Passage* for women, led by Mutima Imani of Oakland, will also return with AAWOT in four other cities: Dallas, Chicago, Atlanta and Philadelphia.

Presented by Allstate Insurance Company, 1997 marks the seventh year of bringing information, insight and inspiration to thousands of African American women across the country.

Composting Workshop Will Teach Basics

Residents of San Francisco send more than a million pounds of food wastes to the landfill each year. You can help stop this waste by attending a free hands-on workshop to learn composting at home on Saturday, Mar. 15 from 10 a.m. to 12 noon at SOMA Gardens, Howard and 7th Streets.

There will also be a workshop on Saturday, Mar. 22 from 10 a.m. to 12 noon at the Golden Gate Senior Center Garden, Fulton Street and 37th Avenue in the Richmond.

Composting is a simple way to convert fruit, vegetable and plant trim-

mings into a nutritious soil amendment. This workshop will also teach you how to care for a worm bin that can be kept inside, or in a small space outdoors. Call SLUG's Hotline at 285-7585 for reservations and more information.

Counselors Needed

With San Francisco Women Against Rape crisis counselor training beginning Mar. 5, anti-rape activists are needed to support sexual assault survivors. For more information, call Janelle at 861-2024.



QUESTION:

Which of the following paper items are always accepted in S.F.'s Curbside Recycling Program?

- Cardboard
- Colored paper
- Junk mail
- Computer & other office paper
- Magazines & catalogs
- Newspaper
- Paper bags
- Telephone books

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Answer: All of the above

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Grapevine Mailbox

From Page 1

resident and transient population which would be likely to object to the operations of the Transfer Station. Even Sanitary Fill's state-of-the-art operating procedures cannot eradicate all visual, noise, odor and litter impacts associated with a solid waste management facility. California common law would not bar nuisance actions against the Transfer Station, although it is a legal business in industrial zone carrying out a statutory mandate.

A nuisance has been described as a 'pig in a parlor' - something not objectionable per se, but out of place in its surroundings. The Project essentially proposes to build a parlor around a pig. Sanitary Fill is concerned that the changing balance of land uses in the area could effect the scope and cost of its operations. Any such adverse impacts would ultimately be paid for by the people of San Francisco."

Pg. 4: "State law requires, therefore, that no incompatible uses be permitted to interfere with the Transfer Station. It also indicates that an adequate distance should be maintained between the Transfer Station and residence to ensure adequate control of noise, odor, traffic and litter."

The documents present page after page of references to the incompatibility of housing being sited near a refuse transfer station. In 1985, the complex transferred 650,000 tons and it now transfers one million tons. As a courtesy, I provided the list of documents which (we) will be presenting to the Board of Supervisors in various forms. These documents and others may demonstrate justification to: disallow any rate increase for funding of the planning, designing, remodeling or construction of the proposed Recycle Central (formerly the Systems Plan) at the existing Norcal/Sanitary Fill Company complex at 401/501 Tunnel Avenue; to the state that there is not environmental equity when Refuse transfer facilities that process one million tons of garbage and trash, hazardous waste and recycle material is allowed to remain sited directly adjacent to a residential neighborhood; to stop the expansion of any operations and to stop the development of any new pilot programs at this Refuse complex; to start the process of finding a more suitable location for the solid waste, hazardous waste and recycling facilities of the Norcal/Sanitary Fill Company operations; to find a location for a new site in a large M-2 Heavy Industrial District that has a more central location to the commercial and industrial districts in the City, and has a large

Donations Sought
By S.F. SPCA for
May Book Sale

Here's the perfect solution for all those old books you'll never get around to reading again: Donate them to the first annual San Francisco SPCA Book Sale, to be held May 17-18.

You'll not only get a tax deduction, you'll also have the satisfaction of knowing you've helped raise money for two of the S.F. SPCA's worthiest projects: the Summer Camp for Kids and the Animal-Assisted Therapy Program, which brings the healing presence of animals to hospitals and other health care facilities.

Any medium will be gratefully accepted: books, records, cassettes, compact discs, videotapes or CD-ROMs. Sponsors are: Dog Eared Books, 1173 Valencia St.; Phoenix Books, 3850 24th St. and Bernie's Pet Supplies and Grooming, 1367 Valencia St. They will be the drop-off points for donations.

For more information, call the S.F. SPCA at 554-3064.

Book Review

Shanghai'd in San Francisco by Bill Pickelthaupt (Flyblistor Press, San Francisco; 1998) 288 pgs.; \$17.95

As a follow-up to his volume on rowing clubs in old San Francisco, local author Bill Pickelthaupt checks logs in this time with a well researched and illustrated work on a subject he readily admits was an illegal activity that ended some 80 years ago with the demise of sailing ships.

Detailed descriptions from old newspaper stories and old Shanghai records add greatly to the personal experiences of men who had the misfortune of being kidnapped and shipped out to sea after being given that all-important drink of tainted liquor. Many colorful accounts of unusual local characters make for fascinating reading; certainly not your run-of-the-mill history book. More than 70 rare photos and pictures accompany well-annotated text.

buffer zone, and no operations including employees' parking lots that has vehicles entering and exiting all night long located directly adjacent to a residential neighborhood.

The documents and letters will also demonstrate in a more logical manner the reasons for the Committee's conclusions. It is highly recommended that all parties concerned review these documents. An extensive report concerning these documents is being prepared to be submitted to the Board of Supervisors during their public hearing concerning the rate increase.

A pattern of incompatible land uses is demonstrated between Refuse transfer complexes and housing. A buffer zone of 800 feet is thought to be insufficient to mitigate all of the adverse environmental impacts of a Refuse Transfer complex of the size and volume that is transferred at the existing Norcal/Sanitary Fill Company complex. Another important issue is which land use and buildings were there first and how does this translate to a community that existed before the Refuse Transfer complex was built and the complex purchasing additional land and expanding to share a common fence with homes and residential land uses.

The 21st Century is approaching. Now is the time to transition into that century. Environmental discrimination must stop. The entire southeast section of San Francisco cannot and should not tolerate being the dumping ground of the City. The communities of Visitacion Valley and Little Hollywood have the rights to economic and social development that any of the more affluent areas are now enjoying. Neighborhood characters and their unique characteristics must be preserved and our environment must be restored to the condition that it was before it became a dumping ground for industries that would not be allowed or tolerated anywhere else. These are our communities, friends, families and homes. Sacrificing our community for the greater good and benefit for the rest of the City just does not make any sense; there are alternative sites. Stating that any relocation would disrupt the solid waste management service sounds like an excuse for environmental racism.

Thank you for your time,
Ralph Oroquita

Food Information

From Page 1

Culinary and Nutrition Network (ICNN) site on the Microsoft Network. In December 1996, ICNN included 15 different information sites, including Nutrition and Disease, Nutrients, Food Safety News, and links to information from the International Food Information Council (IFIC) Foundation, the American Dietetic Association and the American Heart Association. To help counter misinformation, bulletin boards, chat rooms and Q&A sites on ICNN are monitored by registered dietitians, physicians and others with credentials in the nutrition and health fields, according to Stanley J. Richardson, chairman and chief executive officer of SJR Entertainment and Holdings, Inc. and the creator of the ICNN site.

Keeping up with current consumer concerns and providing accurate information is a priority at ICNN.

"Anyone can create a home page [on the Internet]. There's a lot of potential for consumers to pick up misinformation online, particularly in the area of health and nutrition information," said Richardson. "Our job as content providers is to help consumers separate fact from fiction."

For example, ICNN includes a site called the Health Misinformation Watch. With one click of the mouse, users can reach eight different sites, including a Health Misinformation Q&A, the Quack Forum, a Health Fraud Report Forum, and reviews of nutrition and health books by a physician.

A new entrant providing access to nutrition information on the Web is Lifetime On-Line, a venture of the Lifetime Television network. Launched in April 1996, the Lifetime On-Line site is aimed primarily at the Lifetime viewer - women over 40 years-old with two children and making \$50,000 a year. Most viewers are computer literate and pressed for time, according to Laura Brandt, director of new media at Lifetime Television.

"We wanted Lifetime On-Line to be an interesting extension of the TV programming," said Brandt. "However, while food is part of almost every site, we also created sites on other issues of interest to women, such as parenting, health, sports and fitness."

The site includes links to organiza-

tions such as Reuters (for news), Resolve (on fertility issues), Mothers Against Drunk Driving, IFIC Foundation and the Women's Sports Foundation. According to Brandt, Lifetime On-Line has recorded more than 4.5 million hits each month.

THE ROAD AHEAD

Driving all changes in the communications field is the exponential growth in the ability to pack circuits on a silicon chip, increasing the speed and thereby the amount of information that chip can carry.

What began with one transistor on a circuit more than 49 years ago has developed into a technology that allows for more than five million circuits on a computer chip.

"Every 18 months, we can double the number of circuits," said Ellwood Kerkelager, vice president of technology and infrastructure with AT&T. "Fortunately, as the chips get more powerful, they also get less expensive."

This phenomenal increase in capacity means that communication networks that are now separate - television, radio, telephone, satellites, cellular and cable - may merge into one network. Communications companies will offer different service packages with different levels of support. With the new technology, it won't matter whether the customer is in the same town or even the same country.

"Location and distance will not affect the ability to reach a customer cost effectively," said Kerkelager. "We're already seeing this happen in the telephone industry with flat rate pricing for pennies a minute to anywhere in the U.S."

Along with the change in the distribution network will be a change in the hardware we use.

"We'll no longer have a TV and a radio and a CD player and a computer and a phone, but one information appliance that does everything," predicts Kerkelager. Devices will be invented that are natural to use and give you the feeling of "being there."

While the TV-phone-pager-VCR watch may not be in the offing soon, experts predict we will see other significant changes in how information is transmitted and stored. Presently, most modems are not fast enough for some kinds of data transmission, such as that necessary for full-motion video.

"However, CD-ROMs can carry

large amounts of data and could be used, for example, to interact with computer online services for upgrading information or accessing video," said Richardson.

IS SEEING BELIEVING?

Not surprisingly, trust will still be an issue in the virtual world. Consumers will be looking to verify not only who they're doing business with, but whether that organization or person is reliable, competent and trustworthy. To succeed, providers of nutrition and health information, products and services are finding they need a system of branding that will vouch for the quality of that product or service.

With more than 200,000 new Web pages being put on the Internet every day, how can companies, organizations and individuals make themselves heard, and what should consumers look for to feel confident in the information provided?

**Credentials:* Web sites should include pertinent professional information for any advisor or forum manager. Advisors answering questions on the ICNN bulletin board always provide their credentials, which instills a sense of trust among users, according to Richardson.

**Interaction:* Bulletin boards, Q&As, customer polls and customer comment sites have all been used to help refine the content of Web sites.

"We can't put everything up on the Web at once," said Rados. "From the comments we received, we learned what people wanted to see, which has helped us set priorities."

Above all, the experts advise to be prepared for innovations and take advantage of technological changes. Consumer information needs often change on a daily basis, especially regarding issues such as nutrition, food safety and health, according to Rados. Considering the growth the Internet has experienced so far and its potential down the road, now is the time to increase speed and merge onto the information highway.

International Food Information Council

Crossword Solution

From Page 6

CRUST • RISE
• • • AA • IDEAL
BELL • VALET
LAST • VALE • •
USE • TH • • GA
RT • • IE • • SIR
• • PAR • FARM
TRINE • ONLY
WIND • OR • • •
OBEY • NEVER

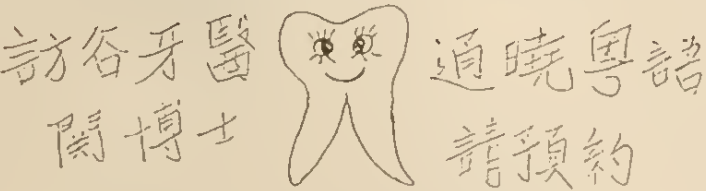
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Answering Questions on Income Tax

IS IT TAXABLE? Most people know that wages from a job are part of their income, and if they have enough, they will have to pay taxes on them. But what about profits from hobbies, interest, dividends or unemployment compensation? They are also part of gross income – the same as wages and any other income that's not specifically excluded by law. All gross income is added together to find out if one owes tax and how much. Here are some other examples to consider when filing the 1996 income tax return.

WINNINGS Awards, prizes from contests or drawings, gambling or other cash winnings are taxable income. Trips, cars and other noncash prizes are included in income at their fair market value.

TIPS ARE INCOME Tips are taxable income and must be reported as wages on the tax return. This includes the value of non-cash tips, like passes, tickets, goods or services. Employees must give a written report to their employers each month they get tips of \$20 or more.

ODD JOBS People who make \$400 or more working for themselves or doing jobs on the side will probably owe self-employment tax. This is a Social Security and Medicare tax for people who work for themselves. They will need to file Form 1040 as well as Schedule SE.

CANCELED DEBT IS INCOME If a financial institution, credit union or government agency cancels or forgives a debt of \$600 or more, the person who owed the money will get Form 1099-C showing the amount. This form is also sent to the IRS. The canceled amount is income and must be reported on the tax return.

EVERYONE'S INCOME TAXABLE Anyone who earns or receives income from sources in the United States needs to determine if they must file a tax return. This applies to everyone, not just U.S. citizens or residents.

FOREIGN INCOME U.S. citizens or residents who receive income from outside the United States must report all of it on the tax return unless all or part of it is exempt by U.S. law.

FOR MORE INFORMATION For details, call (800) 829-3676 to get any or all of the following publications: (English language) 519, U.S. Tax Guide for Aliens; 525, Taxable and Nontaxable Income; 531, Reporting Tip Income; 533, Self-Employment Tax; 1244, Employee's Daily Record of Tips and Report to Employer; and (Spanish language) 579SP, Cómo Preparar la Declaración de Impuesto Federal.

The IRS has tax forms, publications and other information available on-line. Access through the Internet via the Web (http://www.irs.ustreas.gov); file transfer protocol (ftp.irs.ustreas.gov); or Telnet (iris.irs.ustreas.gov). To access by modem, dial (703) 321-8020.

ESTIMATED TAX FOR 1997 People who will owe at least \$500 in federal income tax for 1997, after subtracting withholding and credits, may need to estimate taxes before their annual return is due.

Estimated tax is the way to pay tax on income that is not covered by withholding. Such income may include self-employment income, interest, dividends, alimony, rents and awards. Generally, if the amount of income tax withheld from salary, pension or other income is not enough to cover 90 percent of the total amount of taxes due, estimated tax payments should be made.

To figure and pay estimated tax, use Form 1040-ES, "Estimated Tax for Individuals," which includes a worksheet to help calculate the required payment.

People who need to pay estimated tax on income received during January through March must make the first payment by Apr. 15, 1997. They can pay the whole year's estimated tax at that time or pay in four installments. Each payment must be sent with a payment voucher from Form 1040-ES. The other installment due dates are June 15, Sept. 15, and Jan. 15 of the next year.

More information about estimated tax is available in Publication 505, Tax Withholding and Estimated Tax. Call (800) 829-3676 to order Form 1040-ES and the publication.

CAN'T PAY, FILE ANYWAY Don't let a shrinking wallet turn into a late federal income tax return. The results could make that wallet even emptier.

Once people get behind in their taxes, they often continue to put off filing. But the IRS says that is the worst move a person could make. Although there are penalties and interest for paying late, the penalties for failing to file in the first place are much larger.

With each return not filed, the debt piles up. By the time IRS comes looking for the taxpayer, the amount owed may be overwhelming.

To avoid penalty and interest charges, people should pay their tax liability in full. Those who cannot afford to pay what they owe should contact the IRS to discuss payment options such as installment payments and offers to settle their tax account for less than the amount owed. However, the offer must be in the best interest of both the person and the government.

The bottom line is that it's always better to file and, if necessary, make arrangements to pay rather than waiting for IRS to enforce the tax laws. Consequences for not filing returns or answering IRS letters can range up to an IRS lien against property or, in worst cases, criminal charges.

The IRS has information on the rights taxpayers have when dealing with the IRS and the collection process, how it affects them, and where to go for help if a problem can't get resolved. Details on these topics are covered in Publication 1, Your Rights As a Taxpayer (Publication 1SP, Derechos del Contribuyente, in Spanish), and Publication 594, Understanding the Collection Process (Publication 594SP, Comprendiendo el Proceso de Cobro). Call (800) 829-3676 for copies.

IRA CAN LOWER TAX BILL For many people who work for companies without a pension plan, setting up an individual retirement arrangement (IRA) can give a double bonus. It can lower their taxes if they make deductible contributions to the IRA and provides for a more secure retirement.

Anyone who has taxable compensation, such as wages, tips, commissions and taxable alimony, and who will be under age 70— at the end of the year can set up an IRA. Money can be put into an IRA at any time during the year or by the due date of the tax return for that year, not including extensions.

Contributions must be in the form of money, such as cash, check or money order. Property doesn't count. The most that can be contributed for any year is \$2,000 or taxable compensation, whichever is smaller. For married couples who work, the maximum is \$2,000 each. A working spouse can set up a spousal IRA for a spouse who has little or no taxable compensation. The maximum combined contributions to the working spouse's IRA and the spousal IRA is \$2,250. Many people can deduct part or all of their contributions. IRA earnings generally are not taxed until they are withdrawn from the account.

Publication 590, Individual Retirement Arrangements (IRAs), gives more information on IRAs, including how to compute and report deductible and nondeductible contributions, when to start withdrawing money and what actions will result in penalties. Order it by calling (800) 829-3676.

RECEIPTS FOR CHARITY GIFTS People who made contributions to qualified charities in 1996 may need a written acknowledgment from the organization if they want to deduct the payments on their tax returns. Contributions of \$250 or more, or over \$75 if they are partly contribution and partly for goods or services received, must be backed up by a written statement from the organization. The statement should describe the contribution, and give a good faith estimate of the value of any goods or services received for the payment. For more info, call (800) 829-3676 and get the English-language Publication 526, Charitable Contributions.

CAN'T FILE NOW People who can't meet the tax filing deadline can send Form 4868 to the IRS and get a four-month extension of time to file. But, along with the form, they should send in the estimated tax they owe. People who can't pay the full amount should still send in the form, and pay as much as possible, because the penalty for not filing, or filing late, is higher than the penalty for paying late. And the IRS charges interest on any taxes paid after the due date.

TAXPAYERS HAVE RIGHTS In any dealing with the IRS, people are entitled to fair treatment by IRS employees, privacy, representation and the right to appeal an IRS examiner's findings. If their problems are not solved through normal IRS channels, people can get special help through the Problem Resolution Office. Want more info? Call (800) 829-3676 for Publication 1, Your Rights as a Taxpayer.

HOUSEHOLD EMPLOYEES If you earn \$1,000 or more working at someone's house and are not in business for yourself, you may be an employee of the homeowner. Examples of household employees include babysitters, butlers, caretakers, cooks,

drivers, gardeners, housekeepers and maids. Call (800) 829-3676 and get Publication 926 for tax rules about household employees.

REPORT ALIMONY Whether you receive or pay alimony, report it on Form 1040. If you paid alimony, you may be able to deduct it; if you get alimony, it is taxable income. In either case, you must use Form 1040; you cannot use Form 1040A or 1040EZ. Publication 504, Divorced or Separated Individuals, explains these tax rules. Call (800) 829-3676 for a copy.

CHILD CARE LOWERS TAXES The credit for child and dependent care expenses can lower taxes for those who work or are looking for work and who pay someone to care for a child or dependent. The credit can equal up to 30 percent of the expenses paid to care for a child under age 13 or a spouse or dependent who is not capable of self care. Figure the credit on Form 2441 with Form 1040 or on Schedule 2 with Form 1040A.

TAXES AND THE GOLDEN YEARS As a retired federal employee (civilian or military), you worked hard over the years to earn your federal annuity. But, before you begin enjoying your golden years, you might want to make sure your financial house is in order. This includes keeping abreast of tax concerns and responsibilities. For a brief overview of taxes on federal retirement pay, call the IRS at (800) 829-3676 and ask for Publication 1798, Retiring On & As. For more detailed information, get Publications 721, Tax Guide to U.S. Civil Service Retirement Benefits, and 525, Taxable and Nontaxable Income.

TAXES IN THE HOME Whether a person is just now buying a first home, living in a home for some time, or in the process of selling one, home ownership can have significant effects on income tax returns.

BUYING A HOME Some of the settlement fees or closing costs paid at closing can be deducted in the tax year the house is bought. These costs include certain real estate taxes, mortgage interest and points that meet certain requirements.

Other costs may be included in the basis of the property. Basis, in general, is the way to measure the investment in a home for tax purposes. Costs like abstract and recording fees, surveys and owner's title insurance are included in the basis.

OWNING A HOME For those who itemize deductions, interest on most mortgages secured by a person's first or second home is deductible. In addition, qualifying points on a loan used to improve their main home are usually deductible.

Real estate taxes, imposed by state or local governments for the general public welfare, are usually deductible.

SELLING A HOME Generally, no taxes are due on the sale of a person's home, regardless of the amount of profit made, if the seller buys and lives in a new home within two years of the date of sale. The new home must cost at least as much as the adjusted sales price of the old home.

Persons 55 or older may get a once-in-a-lifetime exclusion from gross income of all or part of the gain when they sell their homes. In general, seniors may qualify if they have owned and lived in their home at least three out of the past five years and have never used this exclusion for another sale after July 26, 1978.

More information on buying, owning or selling a home may be found in the following publications, available in English only. Call (800) 829-3676.

Publication 523, Selling Your Home; Publication 530, Tax Information for First-Time Homeowners; Publication 936, Home Mortgage Interest Deduction.

AGE HAS TAX BENEFITS There are benefits to getting older, at least when it comes to taxes. Some tax benefits become available starting at age 55.

A once-in-a-lifetime tax break is available to people age 55 or older. Those who are selling their personal residence may qualify for the exclusion of up to \$125,000 of gain on the home sale. Certain use and ownership restrictions apply, and there are special rules for persons with disabilities.

and for widows or widowers.

People age 60 or older can get help with their tax returns from Tax Counseling for the Elderly (TCE). Through TCE, volunteers from many organizations provide free tax information and guidance. Local IRS offices have information on TCE locations.

Seniors age 65 or older may not have to file a tax return if their income is less than a certain amount. For 1996, that amount for single seniors is \$7,550. The limit for a married couple filing a joint return is \$12,600 if only one spouse is a senior, and \$13,400 if both are seniors.

Those who don't itemize deductions get a higher standard deduction than people under 65. And those who are blind get an extra added amount.

Seniors or people with disabilities may qualify for the credit for the elderly or the disabled. This credit is based on age, income and filing status, and can reduce the amount of taxes owed. Those under 65 could be eligible if they retire with total and permanent disability and have income from their employer because of that disability.

The IRS considers persons to be age 65 on the day before their 65th birthday. So to the IRS, those who turn 65 on Jan. 1, 1997, are age 65 on Dec. 31, 1996.

For more information, get Publication 554, Tax Information for Older Americans, and Publication 910, Guide to Free Tax Services. Call (800) 829-3676.

Recipe of the Month

WACKY CAKE

1 cup unbleached all-purpose flour; 1 cup sugar, 3 tbsp. cocoa; 1 tsp. baking soda; 1/2 tsp. salt; 1 tsp. vanilla, 1 tsp. vinegar, 5 tbsp. vegetable oil; 1 cup cold water.

Mix flour, sugar, cocoa, soda and salt. Make three wells in the flour mixture. In one put vanilla; in another the vinegar, and in the third the oil. Pour 1 cup cold water over all and stir. No need to beat. Pour into 8x8-inch pan. Bake at 350 degrees F oven until it springs back. Serves 4.

Citizens Committee on Community Development Community Forums

New Challenges for the Community Development Block Grant Program

Given the massive shift in federal urban and social policy and the devolution of what were historically federal responsibilities to the states and local government such as Welfare Reform, the City of San Francisco is faced with an increased challenge to meet the needs of all of its citizens. Mayor Brown's proactive commitment to community revitalization and neighborhood capacity building, in the face of diminishing resources, calls for a strong partnership between local government and the affected communities.

In order to meet these new challenges, a series of public hearings will be held in March, to seek community comment that will help the Mayor's Office of Community Development to more effectively respond to 1998 funding considerations.

Meetings/Dates	Locations	Neighborhood/Topic Areas
March 5th Wednesday	Main Library 100 Larkin Street	Western Addition So. Market Tenderloin
March 12th Wednesday	Leonard Flynn Elementary School 3125 Cesar Chavez	Mission District O.M.I. Potrero Hill
March 19th Wednesday	Cameron House 920 Sacramento	Chinatown North Beach
March 24th Monday	Department of Public Health 101 Grove	Small Business & Philanthropic Partnerships
March 26th Wednesday	Visitation Valley Elementary School 55 Schwinn	Bayview Hunters Point Visitation Valley Excelsior

All meeting times are 5:30 - 7:30 PM

There are three broad questions to which we are seeking answers at these hearings.

- Given the proposed changes in welfare, what new needs will exist at the neighborhood level?
- How should CDBG funds best be used to support neighborhood economic development activities? What types of activities should be included?
- How can the Mayor's Office of Community Development assist in increasing the capacity of neighborhoods to work effectively with city agencies in meeting the diverse needs of San Francisco communities?

For additional information, call 252-3100
Mayor's Office of Community Development



Historic Proportions

Match clues to answers
1956

1. He's renominated by Republicans at Cow Palace on Aug. 22
2. Best Picture at the Academy Awards on Mar. 21
3. Popular magazine shuts its doors Dec. 20
4. Highway rerouting causes this restaurant to begin franchise.
5. They become top team in the NFL
6. And they're again the champions of baseball.
7. He retires undefeated heavy-weight champ on Apr. 27
8. They invade Hungary on Nov. 4.
9. He's Best Actor in a Series at the Emmy Awards on Mar. 17.
10. Democrats nominate him for president Aug. 16.
11. Massive eruption on Mar. 30
12. First time this is ever sprayed.
13. He's singing "Don't Be Cruel."

14. Plane first lands here on Nov. 20
15. Giant company goes public on Jan. 17.
16. Government orders interstate freeways on June 29.
17. Collision on July 25 sinks this ship.
18. It gives \$7.5 million to rural America.
- A. Andrea Doria
- B. South Pole
- C. Phil Silvers
- D. Colliers
- E. Liberty Services Act
- F. Ford
- G. Dwight Eisenhower
- H. Elvis Presley
- I. Federal Aid Highway Act
- J. New York Giants
- K. Mt. Bezymianny
- L. Kentucky Fried Chicken
- M. Raid
- N. Rocky Marciano
- O. USSR
- P. New York Yankees
- Q. Marty
- R. Adlai Stevenson

Answers: 1-G; 2-Q; 3-D; 4-L; 5-J; 6-P; 7-N; 8-O; 9-C; 10-R; 11-K; 12-M; 13-H; 14-B; 15-F; 16-I; 17-A; 18-E.

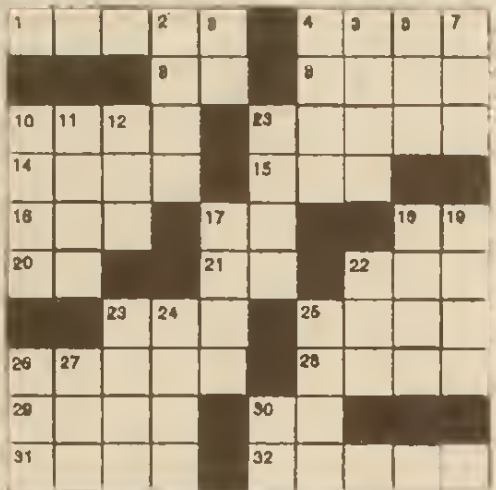
Grapevine Crossword

ACROSS

1. Counting
4. Advance
8. Degree
10. Chain
13. Attendant
14. Final
15. Drink
16. Value
17. Tennessee
18. Georgia
20. Route
21. That is
22. Mister
23. Distant
25. Grunge
26. Threefold
28. Just
29. Gwai
30. Either
31. Subunit
32. Not

DOWN

2. Seawall
3. Tantalum
5. Currency
6. Look
7. Consume
10. Scurry
11. Direction
12. Leucostictus
13. Indicator
17. Fatigue
18. Female
19. Legion
22. Mate
23. Goat
24. Griffin
25. Front
26. Double
27. Bone
30. Atop



This Month in S.F. History

- MARCH**
1. In 1859, the Seal of the City of San Francisco was adopted.
 3. In 1950, the old Third St. Bridge at Lele Creek, having been redesigned into a six-lane roller bearing span, was reopened.
 4. In 1934, the Easter Cross on Mt. Davidson - for many years site of annual sunrise services - was dedicated.
 14. In 1870, following debates and compromises between city government, land owners and squatters, legislation was finally passed reserving land for Golden Gate Park. In 1896, Adolph Sutro - then S.F. mayor - opened his world famous Sutro Baths.
 18. In 1849, a pre-gold rush census taken of San Francisco's white population listed 375 males, 177 females and 60 children of school age. In 1850, city government declared all land titles or sales illegal unless

- approved by the Town Council or an elected alcalde.
22. In 1957, following two lighter tremors, a 5.3 earthquake shook the Bay Area at 11:45 a.m. In 1963, the last prisoners were removed from Alcatraz, a federal penitentiary for nearly three decades.
25. In 1851, titles to all lots located below a high water mark within S.F. city limits were relinquished by state legislation.
28. In 1853, the lighthouse on Alcatraz - one of several under construction at various locations - was completed.
29. In 1856, the English clipper ship *Florence Nightingale* set a new record of 121 days from London to San Francisco.
30. In 1854, the new U.S. Branch Mint - a three-story structure on Commercial St. - was completed for \$296,000.
31. In 1876, the city workers crippled S.F. with a general strike lasting 39 days.



Boz Who

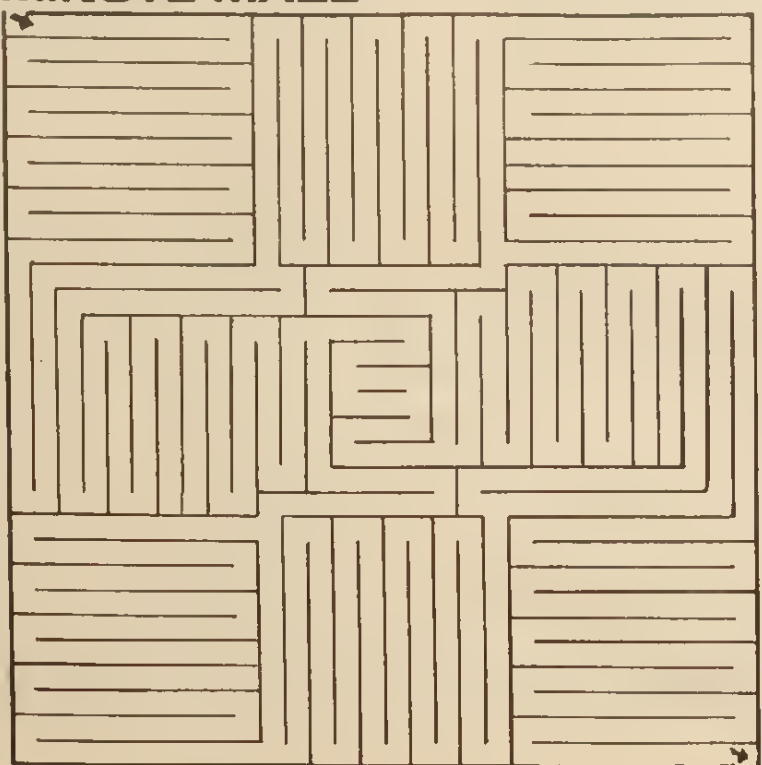
Match quotes to speakers.

1. "Accuse. To affirm another's guilt or unworth, most commonly as a justification of ourselves for having wronged him."
2. "Hesitation increases in relation to risk in equal proportion to age"
3. "Pictures are for entertainment. Messages should be delivered by Western Union."
4. "Colors, like features, follow the changes of the emotions."
5. "The man of science is a poor philosopher."

6. "Life is a tragedy when seen in close-up, but a comedy in long shot."
7. "It pays to know who your friends are but it also pays to know you ain't got any friends."
8. "Without music to decorate it, time is just a bunch of boring production deadlines or dates by which bills must be paid."
9. "Golf is a good walk spoiled."
- A. Pablo Picasso
- B. Albert Einstein
- C. Ambrose Bierce
- D. Mark Twain
- E. Bob Dylan
- F. Charlie Chaplin
- G. Samuel Goldwyn
- H. Ernest Hemingway
- I. Frank Zappa

Answers: 1-C; 2-H; 3-G; 4-A; 5-B; 6-F; 7-E; 8-I; 9-D.

MINUTE MAZE



Grapevine Puzzler

NOGIASSSIMHTUELS1YADRETSEYNROB
ANNIEGETYOURGUNUCE2AIDU4ANNIER
VAIPSSLLODDNASYUGAVUBIA2IOAUSVI
OMVAWE2CRETVANABRYLTNULENTTIG
IAAREB4ENUUHM7NRAANEDCNRI GKATH
CDHTQCWET4AAEAABRH4SRINIMEGCAT
EEEHDIOUTH2MITOIAEDTIINIGILJSNO
OUBTMFEJEENRIPC BTRGRTPAPYESHEIN
FSSAIIIMEMML4WMOAIEEZIYUPNUTELNB
TJIEFCDSUGN2EMCEVAASAYINYRGBT
HKMDIAHCSJSYNLTSCM1HIAPUIEFAHA
ERTFDPAICETEERUCVG7RERRFLEERG
TANOSH TSLSRBXISHHIFOROAEOTGEIH
UPIOETOUEXENTGFJURJSEAJKSEESLA
REARLURMMDBVYVLJ7LRESHTWAQCIEI
THHELORCFASOEEMO1TSTUAGHIXUAMMR
LTCHOSHONARBADWN747JEOYUEULSAY
ENNTFDSDMJRHNEJER7GYRFAOTSDEM
NIANXAONI WEDFAER1HGOATNELLNA
ITMOUONUKYTEWEJ7IDHTELTITLOUIM
LOARARGOJESHGMMEMOIRS SERDBDOPY
SOLEEOTSNAISMFKWUSLIOAIWSANYPR
UFFFLGCREGAMAGICSHOWOGAAO6RAROA
REODACIHPROMISESPROMISES7ECOPM
ORNDCA LT DAN NIEGETYOURGUN7SIFA
HAAIABOAREPOEHTFOMOTNAHP1INYZH
CBMFLOGHELLODOLLYDALRIA FYMEZIA
GNIYRTYLLAEREHTAFHTIWEFILSSALL
BUSINESS WITHOUT THE KING AND IERREK
NIDEECCUSOTWOHZIWEHTATTUCLACHO

Chorus Line
Ohi Calcuttal
Cats
Les Miserables
Phantom of the Opera
42nd Street
Grease
Fiddler on the Roof
Life with Father
Tobacco Road
Hello Dolly
My Fair Lady
Annie
Man of La Mancha
Able's Irish Rose
Oklahoma!

Miss Saigon
Pippin
South Pacific
Magic Show
Deathtrap
Gemini
Harvey
Dancin'
La Cage aux Folles
Hair
The Wiz
Born Yesterday
Crazy for You
Ain't Misbehavin'
Mary, Mary
Evita

Voice of the Turtle
Barefoot in the Park
Dreamgirls
Mame
Same Time, Next Year
Arsenic and Old Lace
The Sound of Music
How to Succeed in
Business Without
Really Trying
Me and My Girl
Helzapoppin
The Muscle Man
Funny Girl
Mumenschanz
Brighton Beach

Memoirs
Angel Street
Lightnin'
Promises, Promises
The King and I
Cactus Flower
Sleuth
Torch Song Trilogy
1776
Equus
Sugar Babies
Guys and Dolls
Amadeus
Cabaret
Mister Roberts
Annie Get Your Gun

SPCA EVENTS
Volunteer Orientations: Help the animals by volunteering at the San Francisco SPCA. Volunteers are needed on an ongoing basis as cat socializers, dog walkers and adoption counselors. Orientations will be held on Tuesday, Mar. 4 from 5-7 p.m., Tuesday, Mar. 18 from 5-7 p.m. and Saturday, Mar. 29 from 10 a.m.-12 noon at 2500 18th St. For more information, call 554-3087.
Pet Loss Support Group: Dr. Betty Carmack will lead a group Feb. 3 from 7:30-9 p.m. For more information, call 554-3050.

FIVE YEARS AGO IN THE GRAPEVINE

MARCH 1992

"Champions at Visitation Valley Middle School in the San Francisco Examiner's annual Spelling Bee included: Jasper Sihoe, kindergarten; Natalia Aldane, 1st grade; Deepa Deo, 2nd grade; Angela Lin, 3rd grade; Bernadette Aspurie, 4th grade and Carol Hung, 5th grade.

SUMP, THE GRUMP



SLUG Herb Workshop

Herb farmer Valerie Phipps will direct a workshop on growing herbs on Saturday, Mar. 15 from 10 a.m. to 12 noon at SLUG's Garden for the Environment at 7th Avenue and Lawton Street. Cost is \$10, or \$5 for members. Call 286-SLUG to register or get additional information.

Famous Birthdays

MARCH

1. Harry Belafonte (1927); Dirk Benedict (1945); Frederic Chopin (1809); Robert Clary (1926); Robert Conrad (1935); Roger Daltrey (1944); Tim Daly (1958); Ron Howard (1954); Glen Miller (1904); Abraham Minsky (1881); Davin Niven (1910); Pete Rozelle (1926); Dinah Shore (1917); Alan Thicke (1947)
2. Deer Amaz (1917); Jack Barry (1918); Edgar Buchanan (1903); DeWitt Clinton (1769); Mark Evans (1956); Mikhail Gorbachev (1931); John Irving (1942); Sam Houston (1793); Jennifer Jones (1919); Hal Linden (1931); Eddie Money (1949); Lou Reed (1943); Al Waxman (1934)
3. Alexander Graham Bell (1847); Jean Harlow (1911); Jackie Joyner Kersee (1962); Tim Kazurinsky (1950); Ray Milland (1908); Lynn Redgrave (1943)
4. Bobby Fischer (1943); Paula Prentiss (1939); Chris Rea (1951); Shakir Stevens (1948); Antonio Vivaldi (1678); Bobby Womack (1944)
5. Eddie Grant (1948); Rex Harrison (1908); Dean Stockwell (1936); Marsha Warfield (1955); Michael Warren (1948)
6. Tom Arnold (1959); Marion Barry (1936); Lou Costello (1908); Kiki Dee (1947); Ed McMahon (1923); Ben Murphy (1942); Shequille O'Neal (1972); Rob Reiner (1945); Mary Wilson (1944)
7. Tammy Fay Bakker (1942); Luther Burbank (1849); Matthew Fieher (1946); John Heard (1946); Willard Scott (1934); Daniel J. Travanti (1940); Peter Wolf (1948)
8. Mike Allsup (1947); Cheryl Baker (1954); Cyd Charisse (1922); Susan Clark (1940); Mickey Dolenz (1940); Alan Hale, Jr. (1918); Gery Numan (1958); Lynn Redgrave (1943)
9. Carl Betz (1920); Trevor Burton (1944); Fred Clark (1919); Eddie Foy (1856); Will Geer (1902); Mickey Gilley (1936); Raul Julia (1940); Emmanuel Lewis (1971); Mark Lindsey (1942); Jeffrey Osborne (1948); Keely Smith (1935); Mickey Spillane (1918); Robin Trower (1945); Tish Van Devere (1945); Amengio Vespucchi (1454)
10. Heywood Hale Broun (1918); Prince Edward (1960); Barry Fitzgerald (1888); Jasmine Guy (1964); Chuck Norris (1940); Tom Scholz (1947); Sharon Stone (1958); Dean Torrence (1940)
11. Sam Donaldson (1934); Bobby McFerrin (1950); Rupert Murdoch (1931); Lawrence Welk (1903)
12. Barbara Feldon (1941); Al Jarreau (1940); Paul Kantner (1942); Liza Minelli (1948); Wally Schirra (1923); James Taylor (1948)
13. Walter Annenberg (1908); Adam Clayton (1960); Dane Cokley (1957); Neil Sedaka (1939)
14. Lee Brown (1912); Michael Caine (1933); Bob Charles (1936); Billy Crystal (1947); Albert Einstein (1879); Meagan Follows (1968); Quincy Jones (1933); Hank Ketchum (1920)
15. Terence Trent D'Arby (1962); Ry Cooder (1947); Fabio (1981); Judd Hirsch (1935); Andrew Jackson (1735); Harry James (1918); Phil Lesh (1940); Mike Love (1941); Sly Stone (1944); Jimmy Swaggart (1935)
16. Erik Estrada (1949); Isabelle Huppert (1956); Jerry Lewis (1926); James Madison (1751); Kate Nelligan (1951)
17. Danny Ainge (1959); Petrick Duffy (1948); Florence Friedland (1887); Rob Lowe (1964); Mercedes McCambridge (1918); Kurt Russell (1951); John Sebastian (1944)
18. Bonnie Blair (1964); Smiley Burnette (1911); Irene Cara (1959); Kevin Dobson (1943); Grover Cleveland (1937); Peter Graves (1938); John Hartman (1950); Edward Everett Horton (1886); Wilson Pickett (1941); Charley Pride (1938); John Updike (1932); Vanessa Williams (1963)
19. Ureula Andress (1938); Paul Atkinson (1946); William Jennings Bryan (1860); Glenn Close (1947); Wyatt Earp (1948); Terry Hall (1959); Clarence Henry (1937); Patrick McGeehan (1928); Irving Wallace (1918); Bruce Willis (1955)
20. Mayor Willie Brown (1934); Holly Hunter (1958); William Hurt (1950); Spike Lee (1957); Hal Linden (1931); Jerry Reed (1937); Carl Reiner (1922); Pat Riley (1945); Mr. Fred Rogers (1928)
21. Johann Bach (1685); Matthew Broderick (1962); James Coco (1929); Timothy Dalton (1948); Cynthia Geary (1966); Gary Oldman (1958); Florenz Ziegfeld (1869)
22. George Benson (1943); Jeremy Clyde (1944); Bob Coats (1952); Werner Klemperer (1919); Adrian Lloyd Webber (1948); Karl Malden (1913); Marcel Marceau (1923); Rose Martin (1920); Chico Marx (1891); Stephanie Mills (1957); Matthew Modine (1958); Keith Relf (1943); Pat Robertson (1930); William Shatner (1931)
23. Joan Crawford (1908); Princess Eugenie (1960); Fanny Farmer (1857); Chaka Khan (1953); Rick Ocasek (1949); Amanda Plummer (1957)
24. Fatty Arbuckle (1887); Robert Carridine (1954); Thomas Dewey (1902); Norman Fell (1924); Harry Houdini (1874); Steve McQueen (1930); Gene Nelson (1920)
25. Ed Begley (1901); Johnny Burnette (1934); Howard
26. Bonnie Blair (1964); Smiley Burnette (1911); Irene Cara (1959); Kevin Dobson (1943); Grover Cleveland (1937); Peter Graves (1938); John Hartman (1950); Edward Everett Horton (1886); Wilson Pickett (1941); Charley Pride (1938); John Updike (1932); Vanessa Williams (1963)
27. Manah Carey (1970); Judy Carne (1939); David Jansen (1931); 40; Tom Sullivan (1947); Sarah Vaughan (1924); Michael York (1942)
28. Ken Howard (1944); Rebe McEntire (1954); Salt (1969); Raphael (1943); Dianne Wiest (1948)
29. Pearl Bailey (1918); Jennifer Capriotti (1978); Phil Foster (1914); Hammer (1963); Eric Idle (1943); Christopher Lambert (1957); Denny McLain (1944); Arthur O'Connell (1908); Marlin Perkins (1902); John Tyler (1990)
30. John Astin (1930); Warren Beatty (1937); Tracy Chapman (1964); Eric Clapton (1935); Francisco de Goya (1746); Frankie Lane (1913); Hal Linden (1921); Peter Marshall (1927); Paul Reiser (1957); Vincent van Gogh (1853)
31. Rod Allen (1944); Herb Alpert (1935); Richard Chamberlain (1935); Liz Claiborne (1929); William Daniels (1927); Albert Gore (1948); Shirley Jones (1934); Val Kilmer (1959); Ed Marinaro (1950); Henry Morgan (1915); Al Nichol (1948); Rhea Perlman (1948); Mick Ralphs (1944); Christopher Walken (1943); Angus Young (1959)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEXT VVTF MEETING SATURDAY, MAR. 22 10:30 A.M.-12 NOON 50 RAYMOND AVE.						
2 1:00pm VVCC Bingo	3 11:30am VVCC Seniors Shopping Day	4 12:30pm VVCC Senior Bingo	5	6 11:00am VVCC Senior Council Meeting 7:00pm ROBES meeting	7 12:00pm VVCC Seniors Painting Classes	8
9 1:00pm VVCC Bingo	10 11:30am VVCC Seniors Shopping Day	11 12:30pm VVCC Senior Bingo 4:30pm Sunnydale Tenants Meet 7:00pm El Dorado N.B.C. Meeting	12 8:00pm Executive Park Advisory Committee	13	14 12:00pm VVCC Seniors Painting Classes	15 10:00am Friends of McLaren Park 10:30am VV Task Force Safety Committee
16 1:00pm VVCC Bingo	17 11:30am VVCC Seniors Shopping Day St. Patrick's	18 12:30pm VVCC Senior Bingo 3:30pm Vis Valley Neighborhood Collaborative meet	19	20 8:00pm Season Council meets at VVMS Spring begins	21 12:00pm VVCC Seniors Painting Classes	22 10:30am Vis Valley Task Force at 50 Raymond
23 1:00pm VVCC Bingo Palm Sunday	24 11:30am VVCC Seniors Shopping Day	25 12:30pm VVCC Senior Bingo 4:00pm VVCC Board Meeting	26	27 9:00am USDA Surplus Food Distribution Day at VVCC	28 12:00pm VVCC Seniors Painting Classes Good Friday	29
30 Easter	31 11:30am VVCC Seniors Shopping Day					

State Wants Better Trade with Europe

Senator Quentin Kopp has been chosen by the State Senate to spearhead its efforts in further expanding California's trade relationship with Western Europe, Eastern Europe and the Russian Federation.

"In recent years, there has been a tendency to underestimate the importance and size of California's trade relationship with Europe," said Kopp. "As the world's seventh largest economy, California sometimes acts oblivious to its enormous influence as an international economic powerhouse."

Five of California's 15 top export

markets are in Europe (the UK, Germany, the Netherlands, France and Switzerland). While some people have paid more attention to trade with Asia and Latin America because they are growing at a faster rate, it is also fraught with more difficulties and possible risks.

By contrast, Western Europe consists of highly-developed, wealthy markets with well-functioning infrastructure and legal systems, making Europe an excellent first export market, particularly for California agribusiness and high-tech goods.

Funds Budgeted for Food Safety Initiative

President Clinton announced on Jan. 25 that he is asking Congress to spend an additional \$43 million on systems and technologies to prevent outbreaks of foodborne illness.

According to the White House, the new system will help identify and respond earlier to outbreaks of foodborne illness, provide data needed to prevent future outbreaks and improve understanding on how and why outbreaks occur. Estimates from last year indicate that millions of Americans reported illness and 9,000 people died from foodborne contamination.

The early warning system itself will cost \$11.5 million. This will increase the number of sites - from five to eight nationwide - operated by the Centers for Disease Control and Prevention for monitoring and tracking foodborne illness. Tools and techniques that identify pathogens will also be upgraded. In addition, improved technical assistance to state and local

health departments will be provided, including a national telecommunications network, allowing faster exchange of information among the centers, hospitals and state and local health officials.

The remaining \$31.5 million will be directed to the enhanced food safety research, inspection systems and public education. Under the plan, the Food and Drug Administration, which regulates all food except meat, poultry and eggs, will receive \$23 million to improve its inspection, research and risk assessment facilities. The Department of Agriculture (USDA), which oversees meat, poultry and eggs, will get \$8.5 million for similar improvements as well as to supplement food inspector training programs.

On Jan. 27, the USDA began implementing extensive changes in the meat and poultry inspection system, focusing on prevention.

FEBRUARY NATIONAL PARK EVENTS Call for reservations.

FORT POINT

*Keepers of the Light Tour of Fort Point lighthouse, 1:30 p.m. Mar. 2 (556-1693).

*Wildflower Walk, 2 p.m. Mar. 23 (556-1693).

OCEAN BEACH

*For Lovers of Plovers: Birdwatching at Ocean Beach eeswall, 9:30 a.m. Mar. 16 (556-8642).

PRESIDIO

Visitor Center open daily 10 a.m. to 5 p.m. (561-4323); Museum open Wednesday through Sunday 10 a.m. to 4 p.m. (561-4323).

*By Sea or Air: Slide show on coastal defense, 2 p.m. Mar. 15 (561-4323).

*Crispy Field Aviation Walk: Learn about its role in aviation history, 10 a.m. Mar. 8 (561-4323).

*Great Scott!: Two mile walk around Fort Winfield Scott, 2 p.m. Mar. 8 (561-4323).

*The Last Gun: Demonstration of this last operational 50-ton gun of its kind, 10 a.m. Mar. 1, 2 (561-4323).

*National Cemetery Walk, 1 p.m. Mar. 11, 26 (561-4323).

*Presidio History Walk, 12:30 p.m. Mar. 6, 8 (561-4323).

*Walk on the Wild Side: Plants, animals and geology, 1 p.m. Mar. 16 (561-4323).

PACIFIC SHORE

Cliff House Visitor Center open daily 10 a.m. to 6 p.m. (556-8642). Fort Funston Visitor Center open daily 12 noon to 4 p.m. (239-2368).

*Fort Funston Native Plant Walk, 10 a.m. Mar. 23 (556-8642).

Spike and Mike's Animation Festival Returns to Palace of Fine Arts Theatre

Spike and Mike's 1997 Festival of Animation, loaded with enough artistry and wit, returns to the Bay Area with an animation program for the whole family, running Mar. 28 through May 4 at the Palace of Fine Arts Theatre.

Acclaimed animator John Lasseter (Toy Story) will attend the Mar. 29 shows and meet the audience.

Loaded with a sweeping selection of the latest and most innovative animated shorts from around the globe, the Festival of Animation offers the cream of the international cartoon crop. From colorful traditional cel animation to cutting edge computerworks, all aspects of this unique art form are brought to life.

With more than 12 films from four countries, highlights of this year's show include: local boy Mike Johnson's puppet-animated adaptation of Charles Daniel's classic country-western musical tale of the fight for the golden fiddle, Devil Went Down to Georgia; Anthony Hodgson's light-hearted look at an insouciant office worker, Hilary; the Bolex Brothers' high-flying ogle at heaven's bureaucracy, The Saint Inspector; Stephen Arthur's Touched Alive, a snappy scan of the paintings of renowned artist Jack Shadbolt; and Karen Kelly's anxious account of a tensed-up city tennement, Stress.

Animals are popping up everywhere in this year's Festival of Animation. Members of the wild kingdom feature in the following: Iouy Tcherenkov's amusing misadventures of a bird adrift in The Great Migration; Piotr Sapegin's folktale of a plggish feline, Mons the Cat; Brian McPhall's crazy chronicle of a cadaverous canine and the luckless boy who loves him, Stiffy; and Torquell McNeill's dark description of two naughty gnats playing chicken with a bug zapper, Barflies.

Parody perks up its punchy head with Jeff Newitt's clay animated spool, Trainspotter about a devoted train watcher; and John Wardlaw and Michael Wilcox's silly send-up of Masterpiece Theatre, Chessmaster Theatre.

Also attending selected shows will be the official mascot of Spike and Mike's Festival of Animation: Scotty, the Shredding Wonder Dog. Before the films screen, Scotty, a seemingly sweet Scottish Terrier, becomes a terrifying spectacle as he shreds his way through inflatable objects of all kinds, embedding his incisors in everything from beach balls to blow-up pool party floatables, on stage.

Tickets are \$6.50 in advance, \$7.50 at the door. Kids, senior and bargain matinee admission is \$5. For further information, call 567-6642.

Lower Blood Pressure When Diet Has More Fruits and Vegetables

A diet rich in fruits and vegetables and low in fat produced significant reductions in blood pressure within two weeks among hypertensive patients. The findings of the study, conducted at five medical centers across the country, were presented at the recent scientific meeting of the American Heart Association.

According to Lawrence Appel, the principal investigator for the study at Johns Hopkins University Medical Center in Baltimore, altering diet and lifestyle habits - including weight loss, increased physical activity and reduced salt and alcohol intake - can replace pharmaceutical drugs in treating some cases of high blood pressure.

The study, Dietary Approaches to Stop Hypertension (DASH), measured the effect of diet on 459 adults with high blood pressure. Half of the tested group were women and 60 percent

were African Americans who suffer more frequently from high blood pressure than Caucasians.

One-third of the test group was led a typical American diet, low in fruits and vegetables and high in fats. A second group was given extra fruits and vegetables but was permitted to eat the same food as the first group. The third group ate a combination diet that was low in fat and saturated fat - including low-fat milk and yogurt - and comprised nine to 10 servings of fruits and vegetables, more than twice the amount of fruits and vegetables consumed by the average American.

The group on the combination diet of fruits, vegetables and low-fat products achieved the greatest reduction in blood pressure. Slight reductions in blood pressure were also seen within the group whose diet was high in fruits and vegetables but the same in fat.

Workshops Will Plan Museum's Future

Recognizing the importance of inclusive community participation in their decision-making process, the Trustees of the Fine Arts Museums of San Francisco are initiating a series of public workshops on the future of the M.H. de Young Memorial Museum.

The first workshop is scheduled at the museum in Golden Gate Park on Wednesday, Mar. 5 from 5:30 to 8:30 p.m. It will solicit public input on the criteria that should be applied to plan-

ning a new museum facility. Participants will tour the existing building.

"We want the public to be fully involved in developing a new facility," said Frankie Jacobs Gillette, vice president of the Board of Trustees for Civic Affairs. "Only in this way will the museum serve the broadest possible audience in the years to come."

A second workshop will take place on Saturday, Apr. 5 from 9 a.m. to 12 noon and will discuss the various sites that have been suggested for a new de Young Museum. Interested San Franciscans are encouraged to participate in both workshops. Results will be summarized through a graphic recording process and shared with all participants.

Following the loss on the November 1996 ballot of Proposition B, a \$73.3 million bond proposal to rebuild the de Young on its current site in Golden Gate Park, the Fine Arts Museum's Trustees are currently researching a number of options for the museum.

GRAPEVINE ADVERTISING
Display: Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page: \$15.
Want-Ads (Private Party): 20 words for \$1. Extra line 50 cents. Mail ad and payment by 20th of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

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HENRY SCHINDEL
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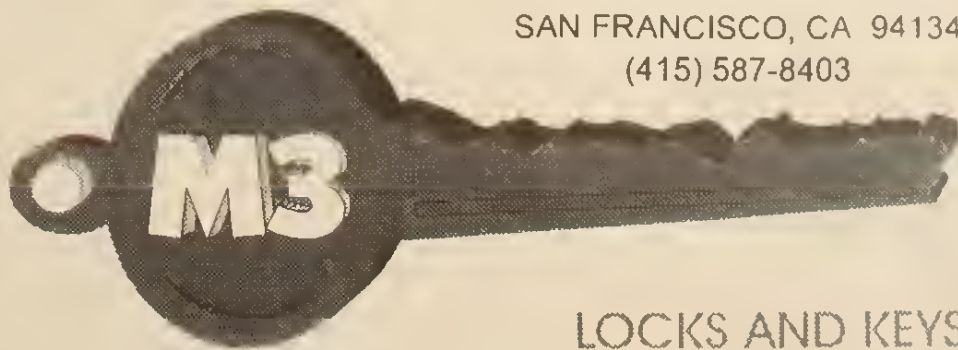
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LOCKS AND KEYS

Some Workers Could Get a Tax Credit

Some workers could increase their income this year with a tax credit. The earned income tax credit (EITC) could be worth a few dollars or as much as \$3,556.

While the EITC is a tax credit, a worker does not have to owe tax to get it. Even people who have never filed a tax return before, and who do not earn enough income to file one this year, could receive the credit. For those who qualify, all it takes is a tax return to get their EITC refund in the mail.

The credit is based on income and the number of qualifying children a person has living with him or her in the United States for more than half the year, or for the whole year if they have foster children. Workers who do not have a qualifying child may also receive a credit of up to \$323.

Those who are in the U.S. military on extended active duty outside the United States are considered to live in the United States during that duty period and may be able to get the EITC

as long as all other rules are met. Also, workers who are nonresident aliens for any part of the year cannot claim the credit unless they are married to a U.S. citizen or resident and choose to be treated as a resident alien for the entire year.

All workers must have earned income from wages or self-employment. Their income must be less than \$28,495 if they had two or more qualifying children, less than \$25,078 if they had one qualifying child. Workers with no children must earn less than \$9,500, be at least age 25 and under 65, not be eligible to be a dependent and their main home must be in the United States for more than half the year. No one with more than \$2,350 in investment income, such as interest or dividends, may claim the EITC.

Working families who will earn less than the 1997 income limits and have at least one qualifying child may be able to receive their EITC payments as part of their paychecks. Details are on Form W-5, "Earned Income Credit Advance Payment Certificate," which

they must give to their employers. Based on the amount of an employee's earnings, the employer adds a certain amount of money, which is actually a portion of the EITC, to the employee's pay. This advance EITC option gives workers access to addi-

tional money throughout the year, rather than in a lump sum in April.

Workers should be careful to use the correct Social Security numbers when filling out tax forms and schedules. "If they don't," the IRS says, "their tax returns and any refunds due

may be delayed while their return is being corrected."

For more information on the earned income tax credit, call the IRS at 1-800-829-3676 and ask for a copy of Publication 596, Earned Income Credit.

National Kidney Foundation Urges Checkup to Ensure Proper Health

During March is National Kidney Month, the National Kidney Foundation of Northern California urges you to learn more about your kidneys and to get regular checkups that include tests for blood pressure, blood sugar and kidney function.

Kidney disease may be silent for many years, until it has reached an advanced stage. "That is why it is important to make sure your doctor includes tests of your kidney function in your annual physical," said Barbara Hofstein, executive director of the National Kidney Foundation of Northern California.

Two simple blood tests, called blood urea nitrogen (BUN) and serum creatinine level, can help determine if your kidneys are functioning normally. They measure the levels in your blood of waste substances that are normally eliminated from your body by the kidneys. When kidneys are not working as well as they should, these wastes may build up in your blood.

Kidneys also produce a hormone

that helps the body make red blood cells, helping to prevent anemia, or a low blood count; make hormones that help regulate blood pressure, and keep bones strong by making an activated form of vitamin D.

It's also important to learn the early warning signs of kidney disease, explained Hofstein. Warning signs include: swelling of hands and feet, and the area around the eyes; pain in lower back, blood in the urine; urinating more than usual; pain or burning when urinating; and high blood pressure.

Some of these signs cannot be detected without tests done by your doctor. For example, your blood pressure can be elevated without causing any symptoms at all.

Diabetes, or elevated blood sugar, is another leading cause of kidney disease. However, are detected and controlled with treatment, the risk of kidney disease and other complications are greatly reduced.

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